

Vegetable Fried Rice

Makes: 4 servings

Ingredients

- 2 cups** white rice, cooked
- 2 tablespoons** vegetable oil
- 1/2 cup** celery (chopped)
- 1/4 cup** onion (chopped)
- 1 package** frozen vegetables (10 ounce)
- 1 tablespoon** soy sauce
- 1 dash** pepper (of)

Directions

1. Make 2 cups of cooked white rice. Use the package directions to make the rice.
2. Chop 1/2 cup of celery and 1/4 cup of onion.
3. Heat the oil in a skillet or large frying pan.
4. Add the celery and onion. Stir fry for 2 minutes.
5. Add the vegetables to the pan. Keep stirring the vegetables until they are tender-crisp.
6. Add the cooked rice.
7. Sprinkle with soy sauce and pepper.
8. Stir fry for 2 minutes until the rice is heated and the flavors are blended.

Nutrition Information

Nutrients	Amount
Calories	210
Total Fat	7 g
Saturated Fat	1 g
Cholesterol	0
Sodium	280 mg
Total Carbohydrate	33 g
Dietary Fiber	2 g
Total Sugars	3 g
Added Sugars included	N/A
Protein	4 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available

Source: Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network Website Recipes